

Strength for Life - Frequently asked questions

1. Where can I get more information on Strength for Life?

<https://www.cotaact.org.au/programs/s4/>

Email: strengthforlife@cotaact.org.au

Phone: Call Diane Percy 6282 3777

2. What times/days are the SFL classes at Hughes Community Centre?

Mondays and Fridays at 1.15pm (one hour) Instructor: Donna

Thursdays at 1.30pm (1 hour) Instructors: Diane

Tuesdays and Thursdays at 3pm (one hour) Instructors: Duncan & Diane

3. How do I book an assessment at Hughes?

Contact Diane via above email or phone COTA ACT office number above (please note that Diane works on Mondays and Thursdays)?

4. What are the locations and contact details for other SFL providers?

- **Capital Rehabilitation Professionals** – Phillip
- Phone: 0418 811 156
- Email: capitalrehabprofessionals@gmail.com
- Contact person: Lea McKaskill

LDK Greenway Views

- **LDK Greenway Views** –Tuggeranong
- Phone: 1 300 535 000
- Email: moconnor@ldk.com.au
- Contact person: Matt O'Connor

SportsTec Clinic

- **SportsTec Clinic** – Kingston
- Phone: 02 6156 1308
- Email: admin@sportstecclinic.com.au
- Contact person: Darcy

Alive Health Clubs

- **Alive Health Clubs** – Narrabundah

- Phone: 02 6295 9500
- Email: info@alivehealthclubs.com.au
- Contact person: Maddy

Higher Function Physio & Pilates

- **Higher Function Physio & Pilates** – Civic
- Phone: 02 6262 9664
- Email: reception@higherfunction.com.au
- Contact person: Janet Fabbri

5. How much does it cost ?

(prices vary depending on T1/T2 status , location and Seniors Card discount)

\$35 - \$85 for a one hour assessment and individualised program design

\$5- \$15 per class

6. Do I need a GP referral to do the class?

If you answer YES to any of the questions in the pre-exercise form (available for download on the COTA ACT website), you are requested to get clearance from your GP and/or other health professional

7. Do I have to sign up for a particular class?

Yes, in most locations. We save a spot for you as there is a limit of up to 15 people per class.

8. How do I pay for the class?

Depends on the location. At the Hughes Community Centre participants can either pay by cash to the instructor, or at reception with cash or card.

9. Can I pay for more than one class?

Yes, at the Hughes Community Centre reception you can pay for up to 10 classes. Once paid, see the instructor and he/she will give you a card where the classes can be ticked off every time you attend a class. Just show them your receipt as proof of purchase. Check with other locations to see what their process is.